

AVOCADOS

Ways To Use Them

UNIVERSITY OF HAWAII

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AVOCADOS

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Avocados were first planted in Hawaii during the nineteenth century. Published reports give Don Francisco de Paula Marin, a Spanish horticulturist, credit for having brought the Guatemalan avocado to Hawaii. Records show that by 1855 the fruits were quite common on the Island of Oahu, and that trees had spread to the other islands.

The avocado (*Persea Americana*) is represented by three races:

West Indian race—A large tree sensitive to cold. The fruit has a smooth, leathery skin. The seed is often loose in the seed cavity. The fruit ripens in the summer and fall.

Guatemalan race—These trees are more resistant to cold than those of the West Indian race. The leaves are often reddish or bronze rather than green. The seed fits tightly in the seed cavity. The skin of the fruit is thick and woody and usually very rough. Fruit matures in winter and spring.

Mexican race—Leaves and young fruit possess a characteristic odor of anise when crushed. The fruit is usually small with a thin skin. The seed is comparatively large for the size of the fruit.

Food Value

Avocado contains a larger percentage of fat than any other fruit, except olives. The fat content of avocados varies widely according to the variety. One-half of a medium winter avocado provides about 247 calories.

Calcium—Avocados in Hawaii contain a fair to poor amount of calcium, compared with other fruits.

Phosphorus—Avocados contain a greater amount of phosphorus than many other common fruits.

Iron—The iron content is relatively high compared with many other common fruits.

Vitamin A—Avocados are considered a poor source of vitamin A.

Vitamin C—The fruit is a fair to poor source of vitamin C, depending upon the variety.

Ways of Using Avocados

Salad is the favorite way of using avocados. The rich butterlike flavor combines well with vinegar and with acid fruits and vegetables such as tomatoes, limes, lemons, pineapple, oranges and grapefruit.

Other salad combinations with avocados are cucumber wedges, celery sticks, carrot curls, green pepper rings, cauliflower slices, watercress and green onions. These are often used as finger salads with seasoned avocado pulp as a sauce.

Meats combine well with avocado in salads. Chicken, crab, lobster, shrimp and tuna fish salad are tasty when served with avocado slices or when stuffed in avocado halves.

Sandwich Spread—Well-seasoned avocado pulp also makes a good sandwich spread. The pulp combines well with catsup, lemon juice, vinegar or onion for sandwich filling. Soups may be garnished with cubes of avocado or balls of avocado added just before serving.

Frozen avocado puree makes good molded salads, sandwich fillings, ice cream or sherbert. Avocado puree freezes satisfactorily when blended with sugar and lemon juice. Whole or sliced avocado does not freeze satisfactorily. It loses flavor and becomes soft and discolored.

Guacamole (Avocado paste)

(1½ to 2 cups)

2 ripe avocados	2 tablespoons finely minced
2 tablespoons lime juice	green onion
Pinch of oregano (optional)	½ teaspoon salt

Remove skins and pits of avocados. Mash with fork. Add lime juice and blend to a smooth paste. Add oregano, onion and salt, stirring lightly. Cover, chill, and serve on lettuce leaves with potato chips or corn chips and tomatoes or fresh vegetable finger salad.

Avocado Cocktail (6 servings)

4½ cups diced avocado	½ teaspoon salt
1 cup tomato catsup	1½ tablespoons lemon or
1 teaspoon finely chopped onion	1 tablespoon lime juice
½ teaspoon Worcestershire sauce	

Sprinkle salt over the avocado and chill. Combine other ingredients, chill, and pour over diced avocado just before serving.

Avocado-Pineapple Salad
(6 servings)

6 slices fresh pineapple	2/3 cup mayonnaise
2 cups avocado slices	2 tablespoons lemon or
1/3 cup mashed avocado pulp	1½ tablespoons lime juice

Place pineapple and avocado slices on lettuce leaves. Make a dressing of the other ingredients, chill, and pour over salad.

Avocado Gelatin Salad
Using Frozen Pulp
(6 servings)

1 package lemon-flavored gelatin	½ cup mayonnaise
¾ cup hot water	1 cup frozen avocado puree,
2 tablespoons lemon juice	slightly thawed
1 teaspoon salt	½ cup cream or evaporated milk,
	whipped

Dissolve the flavored gelatin in hot water and cool it. Add lemon juice and salt and chill. When mixture begins to thicken, fold in mayonnaise, avocado puree, and the whipped cream, which have blended together. Pour the mixture into a mold and chill. Unmold on lettuce and garnish with orange and grapefruit, or tomato sections.

Avocado and Cottage Cheese Salad
(8 servings)

3 avocados	Dash of paprika
2 cups cottage cheese	2 tablespoons lemon juice
1½ teaspoons minced onions or	¾ teaspoon salt
2 teaspoons minced chives	Mayonnaise
1 tablespoon minced parsley	

Cut avocados in half and put 1 teaspoon of lemon juice in each half, season with salt. Fill seed cavities with cottage cheese that has been mixed with the onion or chives and parsley.

Avocado Fruit Salad
(6 servings)

1½ cups grapefruit sections	¾ cup ripe mango slices
1½ cups orange sections	1 cup avocado slices

Remove membrane from orange and grapefruit sections. Chill all ingredients, arrange on lettuce leaves, and serve with French dressing or mayonnaise.

Baked Stuffed Avocado
(6 servings)

3 avocados	Dash of salt, pepper
¼ cup lime juice	Dash of cayenne
2 cups flaked crab meat, tuna or chicken	2 tablespoons green pepper, chopped
1 cup cream sauce	1 teaspoon minced onion
	1 cup grated cheese

Cut avocados in halves lengthwise. Remove pits. Sprinkle avocado with lime juice and salt. Combine crab meat, tuna or chicken with cream sauce. Season to taste with salt, pepper, a pinch of cayenne, green pepper and onion. Fill avocados with mixture. Sprinkle with grated cheese. Arrange avocados in baking pan with ½-inch of water in the bottom. Bake in a moderate (350 F) oven 15 minutes or until cheese melts and avocado is heated through.

Avocado Milk Sherbert
(1¼ quarts)

1 cup mashed avocado pulp	½ cup orange juice
⅛ teaspoon salt	1/3 cup lime or
1¼ cups sugar	½ cup lemon juice
½ cup pineapple juice	1 cup milk

Press avocado pulp through a sieve. Add salt, sugar, and fruit juice, and stir until sugar is dissolved. Add milk gradually and pour into the refrigerator freezing pan. Freeze quickly until partially frozen. Stir every hour until mixture is frozen.

A superior product may be obtained by freezing in an ice cream freezer, using 8 parts of ice and 1 part of ice cream salt.

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